

INDOLPLEX® PROVIDES DIINDOLYLMETHANE (DIM®) TO SUPPORT HEALTHY ESTROGEN METABOLISM.*

Indolplex® is a dietary supplement that contains a patented, bioavailable form of diindolylmethane (DIM®), a dietary indole found in cruciferous vegetables. Research shows DIM promotes healthy estrogen metabolism by increasing the production of 2-hydroxyestrone estrogen metabolites over the undesirable 16-hydroxyestrone estrogen metabolites.* DIM does not promote 4-hydroxy estrogen metabolites.* Indolplex features a patented form of DIM that is 10 times more potent than its precursor, indol-3 carbinol (I3C).

- Enhanced absorption and bioavailability
- Supports both men and women
- Well tolerated



wheat free



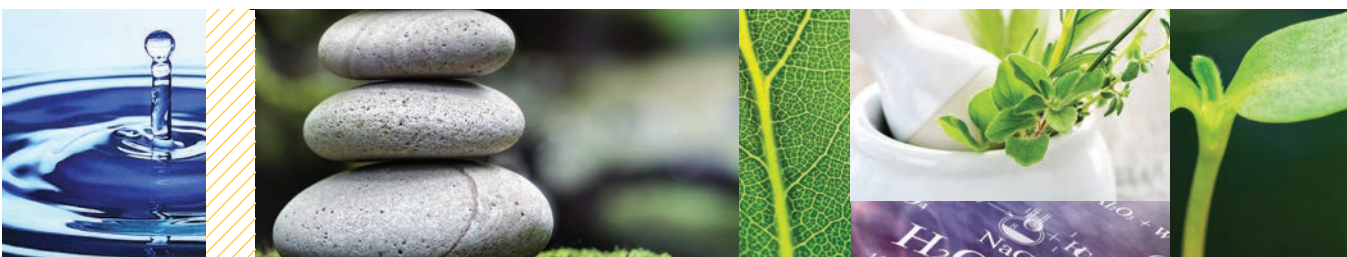
gluten free



dairy free



vegetarian



INDOLPLEX

Indolplex® contains the key ingredient diindolylmethane (DIM®). DIM is naturally present in cruciferous vegetables such as cabbage, broccoli, Brussels sprouts, and cauliflower. One serving of Indolplex contains an amount of DIM found in approximately two pounds of broccoli. The main role of DIM in the body is to support healthy balance and metabolism of estrogens, which is important for both women and men.* Indolplex utilizes a patented technology that enhances the absorption and bioavailability of DIM. DIM is formed from Indole-3 carbinol (I3C) after enzymes in the vegetable, such as myrosinase, are released by crushing or chewing. DIM can also be formed directly from I3C, without enzymes, in an acidic environment such as in the stomach, when I3C is taken as a food supplement.^{1,2}

I3C is available as a supplement; however, DIM is better tolerated and safer than I3C.

Long term exposure to estrogens, in the form of hormone replacement therapy or xenoestrogens (estrogen mimics), can have an impact on health.^{3,4} The ratio of estrogen metabolites (e.g., 2-hydroxyestrone over 16-hydroxyestrone) is established proposed indicator of hormonal balance in women and men, influencing the health of the breast, endometrium, uterus, cervix, prostate and other tissues.⁵⁻¹⁰ Effective estrogen clearance is a growing concern among health care providers, and its implications for gynecologic health and healthy cell development are potentially significant.¹¹⁻¹⁵ Both I3C and DIM have been shown to increase the production of 2-hydroxyestrogen.*¹ DIM is the most potent inducer of 2-hydroxylase, the enzyme responsible for this beneficial shift in estrogen metabolites.*¹⁶ DIM induces 2-hydroxyestrone (2OHE1) and 2-hydroxyestradiol (2-OHE2) in diverse tissues, leading to net inhibition of excessive estrogen stimulation.* Once present in the circulation, 2-OHE1 and 2-OHE2 are metabolized by catechol-O-methyl transferase (COMT), resulting in 2-methoxyestrone and 2-methoxyestradiol.¹⁷ These metabolites have been shown to promote healthy cell development in animals and humans.*¹⁸⁻²⁸

References

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Supplement Facts

Serving Size 2 capsules		Servings per container 15	
Amount per 2 capsules		%DV*	
Total Carbohydrate	1 g	<1%*	
Dietary Fiber	<1 g	4%*	
Indolplex® Complex modified food starch, 25% diindolylmethane (DIM®), d-alpha tocopheryl succinate, phosphatidylcholine (soy), and silicon dioxide	240 mg	**	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: Cellulose, vegetable capsule (modified cellulose), silicon dioxide, modified food starch, and magnesium stearate.

Recommendations: Take 2 capsules daily with food. If less support is needed, take 1 capsule daily with food, or as recommended by your healthcare professional.

WARNING: Do not use if pregnant or nursing. If taking prescription drugs, consult your healthcare professional prior to use. Harmless changes in urine color may occur with the use of this product.

Contains No: Sugar, salt, yeast, wheat, gluten, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin.

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Integrative Therapeutics 30 CT - 286006 60 CT - 286002

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.